TABLE 1.1 Key Historical Developments in Counselling and Psychotherapy Since 1900

Year	Birth/growth of Institutions and Professional Organisations	Significant Events	Appearance of Schools (Approximate Dates)
1900		Freud's *Interpretation of Dreams*	
1907	British Psychological Society		
	Vienna Psychoanalytic Society		
1908		First (careers) counselling centre, Boston, USA (Frank Parsons)	
1910	International Psychoanalytical Association		
1913	National Vocational Guidance Association (USA)		Analytical psychology (Jung)
	London Psychoanalytic Society		
1919	Institute of Psycho-analysis		Behavioural psychology
1920	Tavistock Clinic		Psychodrama
1921			
1924	British Psychoanalytic Society		
1926	London Clinic of Psychoanalysis		
	Medico-Psychological Association (MPA; previously AMOAH I, originally 1841)		
1935	Alcoholics Anonymous		
1936	Society of Analytical Psychology		
1937		Death of Adler	
1938	National Marriage Guidance Council (now Relate)		
1939		Death of Freud	
1940			Client/ person-centred approach
1948		British National Health Service T groups	
		First student counselling service (University College Leicester)	
1950	International Association for Vocational and Educational Guidance (IAVEG)		Gestalt therapy
1951			Rogers's client-centred therapy

(Table 1.1 Continued)

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(Table 1.1 Continued)

Year	Birth/growth of Institutions and Professional Organisations	Significant Events	Appearance of Schools (Approximate Dates)
1952	Group Analytical Society		
	American Association for Counseling and Development (AACD)	*Diagnostic and Statistical Manual* (*DSM*) 1st edn	
	American Counseling Association (ACA; originally NVCA)		
1953	Samaritans		
1955			Rational emotive behaviour therapy (originally RT then RET)
			Personal construct therapy B
1957			Transactional analysis
1958			Behaviour therapy
1959	Cruse		
	Scottish Pastoral Association		
1960		First fee-charging counsellor in private practice in UK	
		Death of Melanie Klein	
1961		Death of Jung	
		J.D. Frank's *Persuasion and Healing*	
1962			Cognitive therapy
1965		Halmos's *The Faith of the Counsellors*	
1966		Counselling training at Universities of Reading and Keele	
1969	Westminster Pastoral Foundation		
	Association of Humanistic Psychology (USA 1962, UK 1969)		
1970	First Standing Conference for the Advancement of Counselling (annual)	Death of Perls and Berne	Primal therapy
	MPA becomes Royal College of Psychiatrists		
1971		*Foster Report* on Scientology	

Year	Birth/growth of Institutions and Professional Organisations	Significant Events	Appearance of Schools (Approximate Dates)
1975	National Association of Young People's Counselling and Advisory Services (later Youth Access)		Neuro-linguistic programming
1977	British Association for Counselling (BAC)		
1978		*Sieghart Report* on statutory regulation of psychotherapists	
1980	Association of Humanistic Psychology Practitioners (AHPP)	Smith et al. *The Benefits of Psychotherapy*	
1982		Rugby Psychotherapy Conference (set up by BAC)	
1983	Society for the Exploration of Psychotherapy Integration (SEPI)	First BAC accreditation scheme	Solution-focused therapy
1987		Death of Carl Rogers	
1989	United Kingdom Standing Conference on Psychotherapy (UKSCP)		
1990		Death of Bowlby	Cognitive analytic therapy
1991	British Confederation of Psychotherapists		
1992	European Association for Counselling	BPS Charter of Counselling Psychologists	
		First UK Chair of Counselling (Windy Dryden)	
1993	United Kingdom Council for Psychotherapy (UKCP, originally UKSCP): advice, guidance, counselling and psychotherapy lead body		
1994	Independent Practitioners' Network	BPS Division of Counselling Psychology	
	UKCP Register of Psychotherapists		
1995		BCP Register	
		NHS Psychotherapy Services in England Review	
1996	United Kingdom Register of Counsellors (UKRC) (individuals)	NHS Psychotherapy Services in England, Department of Health (DoH) Strategic Policy Review	
	World Council for Psychotherapy	Data Protection Act	

(Table 1.1 Continued)

(Table 1.1 Continued)

Year	Birth/growth of Institutions and Professional Organisations	Significant Events	Appearance of Schools (Approximate Dates)
1998	Association of Counsellors and Psychotherapists in Primary Care (CPC)	CORE introduced	
	UKRC (organizations)		
1999	National Institute for Health and Clinical Excellence (NICE)		
2000	BAC renamed British Association for Counselling and Psychotherapy (BACP)	BACP's *Ethical Framework for Good Practice in Counselling and Psychotherapy*	
	Universities Psychotherapy Association (UPA) adds 'Counselling' to its title, becoming UPCA		
2001		Lord Alderdice's Psychotherapy Bill	
		Treatment Choice in Psychological Therapies and Counselling: Evidence-Based Clinical Practice Guidelines (DoH)	
		BACP's *Guidelines for Online Counselling and Psychotherapy*	
2002		Health Professions Council (HPC) is identified as the regulatory body for all health professions, including counselling and psychotherapy ('talking therapies')	
2003		UKCP establishes its Psychotherapeutic Counselling Section	
		BACP Service Accreditation Scheme	
		Telephone counselling (contractual) is accepted by BACP for accreditation hours	
2004	College of Psychoanalysts	Graduate mental health workers in primary care	
	British Psychoanalytic Council	British Confederation of Psychotherapists (BCP) renamed British Psychoanalytic Council (BPC)	
2006		Improving Access to Psychological Therapies	
2007		Death of Albert Ellis	
2008		BACP represented on HPC's Professional Liaison Group	
2009		HPC Register for Applied Psychologists opened	
2011		Statutory regulation plans abandoned	

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